

PILOT PROGRAM EVALUATION SUMMARY: PROBLEM MANAGEMENT PLUS (PM+) IN ACTION

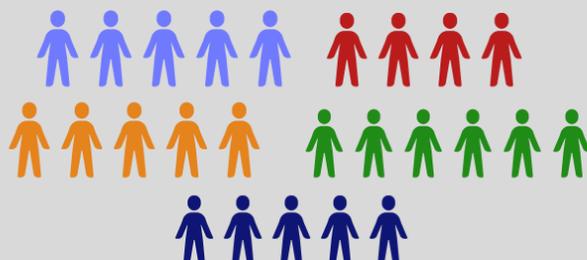
June 2025

This report presents findings from qualitative interviews with a pilot of PM+ helpers, quantitative client data from sessions and surveys, and final recommendations developed by The New School and GWU for the Miller-Dwan Foundation.

26 HELPERS, 16 ORGANIZATIONS

In the Twin Ports area, 26 trained helpers from 16 organizations brought PM+ to life. The results?

Promising, powerful, and refreshingly human.



Evidence shows that PM+...



Increase care options, improving access to care and support



Reduce psychological distress, symptoms of depression, and PTSD



Reduce stigma



Achieve a high engagement of PM+ helpers and program participants



Is cost-effective



Improve psychosocial functioning of people in the community

How have the skills you learned in PM+ training impacted your own life?

81.8%

Helpers that had a positive response

Many helpers shared that the skills they learned through **PM+** extended far beyond their sessions with clients and became meaningful tools in their own personal lives.

Takeaway

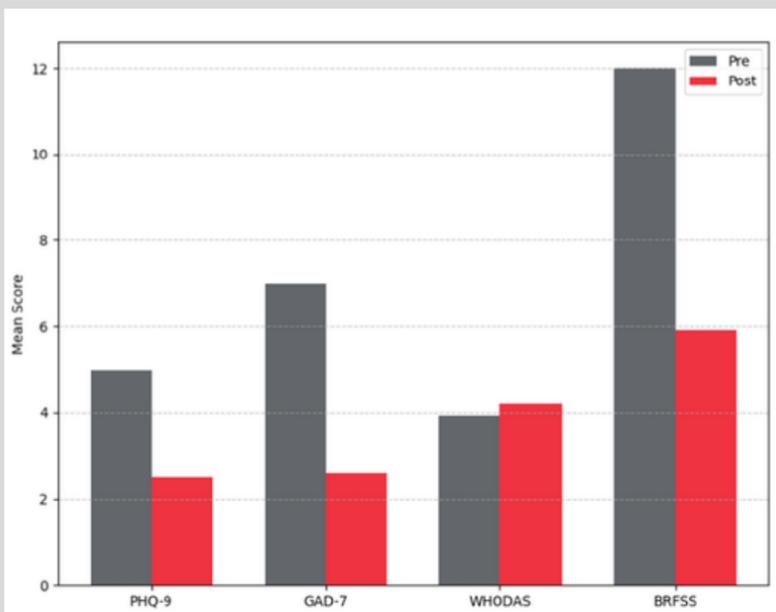
Learning to differentiate between **“what I can manage”** and **“what I cannot manage right now”**



clarity during overwhelming situations

CLIENT RESULTS

When comparing the client’s baseline scores to those from the post-session follow-up, **results showed a clear and promising trend: levels of depression and anxiety decreased significantly (PHQ-9 and GAD-7), and general mental health improved (BRFSS).**



Positive impact of PM+

